



# The Hawai'i Aging

E LOA KE OLA  
MAY LIFE BE LONG



# NETWORK

A Publication for Hawai'i's 60+ Population - The Executive Office on Aging - State of Hawai'i

## The 2003 Holiday Season

The following are excerpts from a novel written by William H. Thomas, M.D., titled *Learning from Hannah—Secrets for a Life Worth Living*, a story worth reading by everyone.

*The three plagues of loneliness, helplessness and boredom account for the bulk of suffering in a human community.*

*Wise leadership is the lifeblood of any struggle against the three plagues. For it, there can be no substitute.*

*Life in a truly human community revolves around close and continuing contact with children, plants and animals. These ancient relationships provide young and old alike with a pathway to a life worth living.*

*Loving companionship is the antidote to loneliness. In a human community, we must provide easy access to human and animal companionship.*

*To give care to another makes us stronger. To receive care gracefully is a pleasure and an art. A healthy human community promotes both of these virtues in its daily life, seeking always to balance one with the other.*

*Trust in each other allows us the pleasure of answering the needs of the moment. When we fill our lives with variety and spontaneity, we honor the world and our place with it.*

*Meaning is the food and water that nourishes the human spirit. It strengthens us.*  
(Continued on page 2.)

## The Future of Hawaii's Seniors: Condo or Assisted Living?



was directed at finding solutions to support independent living for Hawai'i's 207,000 older persons.

Committee members conducting the study believe that there is no need to change the existing Assisted Living licensing law. However, there is a need to protect the health, safety and welfare of the public. Adequate public disclosure at the time of purchase will be required through proposed changes to the condominium statutes, Hawai'i Revised Statutes, Chapter

Condominium owners are again seeking legislation to provide health care services under the licensing category called "assisted living facility." The Department of Health conducted a study and sought input from condominium managers, associations of apartment owners, the Real Estate Commission, the Executive Office on Aging and associations of professional long-term care providers. With 1,500 condominium associations in Hawai'i and a population that is rapidly growing older, the effort

514A. If a condominium or cooperative elects to provide assisted living services as a part of their amenities, they will need a license from the Department of Health.

The committee also recognized that there is a significant public interest in allowing persons to maintain an independent lifestyle without creating harm to themselves or the condominium community as a whole. Therefore, a proposal will be brought to the legislature which allows boards of directors to request in good faith, a  
(Continued on page 2.)

## 2 The Lili'uokalani Trust aids Children

**T**he Lili'uokalani Trust was established in 1911 by the last reigning monarch of Hawai'i, Queen Lili'uokalani. She mandated that the resources of the Trust be used for the benefit of orphaned and destitute children, with preference given to those children of Hawaiian ancestry.

The Queen Lili'uokalani Children's Center is the program organization of the Trust. The Center currently consists of 10 geographically based service units throughout the state, with five located on O'ahu.

With over 8,000 orphaned and nearly 49,000 destitute children of Hawaiian ancestry, the Center is committed to reach as many beneficiaries as possible through its community building efforts. Part of the Center's strategy to reach beneficiaries has been to reach out to various organizations, communities and groups in order to inform them of its services and partner with them in meeting these children's needs. One such group has been grandparents, are becoming increasingly responsible for the

caring and rearing of their grandchildren for a multitude of reasons.

Together with community partners, the Center works towards a nurturing ohana, educational suc-

**The Children's Center is committed to the development of healthy children, strong families and caring communities.**

cess, perpetuity of the Hawaiian culture, leadership development and support for basic needs. For those children of Hawaiian ancestry who have lost one or both parents by death, the Center is able to offer individual and family counseling services as well as limited financial assistance. The Center is committed to the development of healthy children, strong families and caring communities.

To make a referral, or if you have any questions about the Queen Lili'uokalani Children's Center or its services, please feel free to call the service unit closest to your place of residence. The phone numbers for the five service units on O'ahu are: Central 851-7742; Ko'olaupoko, 235-7613; Honolulu, 847-7991; Waianae Coast, 668-2314; and Windward, 293-8577.

## The 2003 Holiday Season

*(Continued from page 1.)*

*The counterfeits of meaning tempt us with hollow promises. In the end, they always leave us empty and alone.*

*Medical treatment should be the servant of genuine human caring, never its master.*

*In a human community, the wisdom of the elders grows in direct proportion to the honor and respect accorded to them.*

*Human growth must never be separated from human life.*

Wishing all of you a healthy and happy holiday season!

**Pat Sasaki, Executive Director**

## Condo or Assisted Living?

*(Continued from page 1.)*

functional assessment regarding a resident's health condition without fear of legal responsibility or liability. The resident's health care provider or other medical professional will make the assessment.

A hearing at the State Capitol Auditorium on October 15 solicited discussion and comments from managers, as well as individual condominium owners.

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**Nondiscrimination in Services**  
We provide access to our activities without regard to race, color, national origin (including language, age, sex, religion, or disability). Write or call our office or our departmental Affirmative Action Officer at Box 3378, Honolulu, Hawai'i 96801-3378 or at (808) 586-4616 (voice/TTY) within 180 days of a problem.

# SNAP SHOTS



**Above:** (Clockwise from top) Travis Iseri, Paula Matsushima, Trina Adaro, Pamela Cunningham and Derrick Ariyoshi, the registration team at the SageWatch Senior Fraud Conference on October 3, 2003.



**Above:** Larry Look, Anne Holton and Sidney Nakamura at the Senior Fair held on September 27, 2003.



**Above:** (l to r) John Tomoso, Ludvina "Kealoha" Takahashi, Karen Miyake, Pat Sasaki, Shirley Kidani, and Scott Jensen at the County Executives meeting on October 10, 2003.



**Left:** Deborah Hanson at the Sage-Watch Senior Fraud Conference on October 3, 2003 at the Hilton Hawaiian Village Hotel.



**Above:** At the "National Summit on Creating Caring Communities" Conference in Orlando, Florida on September 21, 2003. Front row: May Fujii Foo of the City and County of Honolulu, Elderly Affairs Division, Pat Sasaki, Shirley Kidani. Back row: Tammy Tom, David Ishida of the Administration on Aging, Harumi Karel of the UH Center on Aging, and Pat Tompkins of the City and County of Honolulu, Elderly Affairs Division.

# 4 Home Safety Checklist

Use this list to identify fall hazards and accessibility issues of the homeowner and family members. Home modification strategies on the next page can help prioritize your work.

## 1. Exterior Entrances and Exits

- ☐ Note handrail condition, right and left sides.
- ☐ Note light level for driveway, walk, porch.
- ☐ Note ability to use knob, lock, key, mailbox, peephole.
- ☐ Do door and window locks work?

## 2. Interior Doors, Stairs Halls

- ☐ Note height of door threshold, knob and hinge types; clear width door opening; determine direction that door swings.
- ☐ Note presence of floor level changes.
- ☐ Note hall width, adequate for walker/wheelchair.
- ☐ Note stair rails; condition, right and left side.
- ☐ Examine light level, clutter hazards.

## 3. Bathroom

- ☐ Are basin and tub faucets, shower control and drain plugs manageable?
- ☐ Note ability to step in and out of the bath and shower.
- ☐ Note toilet height; ability to reach paper; flush; come from sit to stand posture.
- ☐ Is space available for caregiver to assist?

## 4. Kitchen

- ☐ Note sink and counter heights.
- ☐ Note wall and floor storage shelf heights.
- ☐ Is there a nearby surface to rest hot foods on when removed from oven?
- ☐ Note stove control location (rear or front).

## 5. Living, Dining, Bedroom

- ☐ Do rugs have non-slip pad or rug tape?
- ☐ Chair available with arm rests?

- ☐ Able to turn on light, radio, TV, place a phone call from bed, chair, and sofa?

## 6. Laundry

- ☐ Able to hand-wash and hang clothes to dry?
- ☐ Able to access automatic washer/dryer?

## 7. Telephone and Door

- ☐ Phone jack location near bed, sofa, chair?
- ☐ Able to identify visitors, hear doorbell?
- ☐ Wears neck/wrist device to obtain emergency help?

## 8. Storage Space

- ☐ Able to reach closet rods and hooks, open bureau drawers?
- ☐ Is there a light inside the closet?

## 9. Windows

- ☐ Lock accessible, easy to operate?
- ☐ Sill height above floor level?

## 10. Electric Outlets and Controls

- ☐ Sufficient outlets?
- ☐ Outlet height, wall locations.
- ☐ Extension cord hazard?

## 11. Heat, Light, Ventilation, Security, Carbon Monoxide, Water Temperature Control

- ☐ Are there smoke/CO detectors and a fire extinguisher?
- ☐ Note rooms where poor light level exists.
- ☐ Able to open windows; slide patio doors?
- ☐ Able to open drapes or curtains?

## Home Modification Strategies

### 1. Exterior Entrances and Exits

- Increase lighting at entry area.
- Install stair rails on both sides.
- Install door lever handles; double-bolt lock.
- Install beveled, no step, no trip threshold.
- Remove screen or storm door as needed.
- Create surface to place packages when opening door.
- Install peephole on exterior door.

- Repair holes, uneven joints on walkway.
- Provide non-slip finish to walkway surface.
- Add ramp.

### 2. Create Clear Pathways Between Rooms

- Apply color contrast or texture change at top and bottom stair edges.
- Install door lever handle.
- Install swing-clear hinges to widen doorway. (minimum: 32")
- Install beveled thresholds. (max 1/2")
- Replace or add non-slip surface on steps.
- Repair or install stair handrails on both sides.

### 3. Bathroom

- Install swing-clear hinges to widen doorway.
- Install secure wall reinforcement and place grab bars at toilet, bath and shower.
- Install adjustable-height shower head.
- Install non-slip strips in bath/shower.
- Secure floor bathmat with non-slip, double-sided rug tape.
- Elevate toilet height by adding portable seat or raising toilet base on a pedestal.
- Adapt flush handle or install flush sensor.
- Adapt or relocate toilet paper dispenser.
- Round counter corners to provide safety.
- Insulate hot water pipes if exposed.
- Create sitting knee clearance at basin by removing vanity door and shelves underneath.
- Install mirror for sitting or standing view.
- Install good-quality non-glare lighting.
- Install shower with no threshold if bathing abilities are severely limited.

### 4. Kitchen

- Increase task lighting at sink, stove, etc.
- Install D-type cupboard door handles.
- Install adjustable shelving to increase access to upper cabinets.
- Increase access to under counter storage space by installing pull-out units.
- Insulate hot water pipes if exposed.
- Install hot-proof surface near oven.
- Install switches and outlets at front of counter.
- Install pressure-balanced, temperature-regulated, lever faucets.

(Continued on page 5.)

# The Hawai'i Aging Network

**T**he Hawai'i Aging Network Serving na kupuna for more than 40 years in partnership with families and the community. The following outlines the vital services of the Hawai'i Aging Network:

## **Coordinated planning, advocacy, and program development**

*Executive Office on Aging, State Department of Health*  
**Phone: 586-0100**

*City & County of Honolulu Elderly Affairs Division*  
**Phone: 523-4361**

*Kaua'i Agency on Elderly Affairs*  
**Phone: 241-6400**

*Maui County Office on Aging*  
**Phone: 270-7755**

*Hawai'i County Office of Aging*  
**Phone: 961-8600**

## **Information and Assistance about opportunities and services for older adults.**

*City and County of Honolulu:*  
**Phone: 523-4545**

*Kaua'i County: 241-6403*

*Maui County: 270-7774*

*Hawai'i County: 961-8777*

## **Medicare and Medicaid Benefits Information and Counseling**

*SAGE PLUS, EOA*

**Phone: 586-7299 or 1-888-875-9229**

*Ask about opportunities for volunteer counselors.*

## **Medicare and Medicaid Fraud Prevention**

*SageWatch, EOA*

**Phone: 586-7281 or 1-800-296-9422**

*Ask about opportunities for volunteer counselors.*

## **Advocate for Residents of Licensed Care Facilities and Homes**

*Long Term Care Ombudsman Program, EOA*

**Phone: 586-7268**

*Ask about opportunities for volunteer advocates.*

## Home Safety Checklist

*(Continued from page 4.)*

### **5. Living, Dining, Bedroom**

- Widen or clear pathways within each room by rearranging furniture.
- Secure throw and area rug edges with double-sided tape.
- Improve access to and from chairs and beds by inserting risers under furniture legs.
- Use side bed rail or chairs with armrests.
- Install telephone jack near chair or bed.
- Enlarge lamp switch or install touch-control lamp at bedside.
- Install adjustable closet rods, shelving and light source for better storage access.
- Install vertical pole adjacent to chair and sofa.
- Raise furniture to appropriate height using leg extender products.
- Install uniform level floor surfaces using wood, tile or low-pile rugs.

### **6. Laundry**

- Build a counter for sorting and folding clothes.
- Adjust clothesline to convenient height.
- Relocate laundry appliances.

### **7. Telephone and Door**

- Install phone jacks near bed, sofa and chair.

- Install peephole at convenient light.
- Install flashing light or sound amplifier to indicate ringing doorbell for those with visual or hearing problems.
- Install mailbox at accessible height.

### **8. Storage Space**

- Install lights inside closet.
- Install adjustable closet rods and shelves.
- Install bi-fold or pocket doors.

### **9. Windows**

- Install handles and locks that are easy to grip, placed at appropriate heights.

### **10. Electrical Outlets and Controls**

- Install light fixtures or outlet for lamps.
- Install switches at top and bottom of stairs.

### **11. Heat, Air, Light, Security, Water Temperature, Carbon Monoxide Controls**

- Install smoke/CO detectors, fire extinguishers.
- Increase resident's access to environmental control systems.

The Home Safety Checklist was created by "Rebuilding Together" in partnership with the Administration on Aging. For more info, call 1-800-4-REHAB-9 or [www.rebuilding-together.org](http://www.rebuilding-together.org).

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## City Rehab Loans Can Help Repair Homes

**H**omeowners who would like to repair their property but are reluctant because of high costs, may be able to qualify for the City and County of Honolulu's Rehabilitation Loan Program. This program may be of great interest to homeowners with limited incomes, especially senior citizens.

The Rehabilitation Loan Program offers interest rates as low as 0% to income-qualified homeowners. Loan funds can be used for re-roofing, electrical rewiring, plumbing, painting, termite treatment or any other essential repairs. New improvements are also allowed for accommodations to physically disabled

*(Continued on page 6.)*

# 6 CMS Announces New Caps on Therapy

Starting with services received on September 1, 2003, coverage by Medicare is limited for outpatient physical therapy (PT), speech-language pathology (SLP), and occupational therapy (OT) services. For the period of September 1 through December 31, 2003, the limits are \$1,590 for PT and SLP combined and \$1,590 for OT. The limits will remain the same throughout 2004. Medicare pays up to 80% of therapy costs. Limits specified above do not apply to therapeutic treatment you receive at a hospital outpatient service. In these cases beneficiaries (except in the Medicare-certified part of a SNF) may receive medically necessary covered services even after reaching the limit.

Practitioners affected by these Medicare caps include physical therapists, speech language pathologists, occupational therapists, physicians, physician assistants, clinical nurse specialists or nurse practition-

ers. Settings that fall under the Medicare limits include private practice therapists, physicians and non-physician practitioners, rehabilita-

**If you need assistance writing an appeal or have any questions, call the Sage PLUS Program at 586-7299 or 1-888-875-9229.**

tion agencies, comprehensive outpatient rehabilitation facilities, skilled nursing facilities to outpatients and residents who are not in covered stays, and home health agencies to outpatients who are not in a home health covered stay. These services are identified by the plan of care and the codes that your therapy service provider uses in billing your claim.

Patients may appeal if their claims are denied when the outpa-

tient limits are exceeded. Beneficiaries may always appeal a Medicare denial. If you need assistance writing an appeal or have any questions, call the Sage PLUS Program at 586-7299 or 1-888-875-9229.

## City Rehab Loans can help repair homes

*(Continued from page 5.)*

household members. An attractive feature of this loan program is that applicants with limited income may obtain interest free loans and be allowed to partially defer repayment for the term of the loan.

To obtain an application, call one of the branches: **Downtown** -51 Merchant St., Honolulu, HI 96813, phone 527-5907; **Kapolei** -1000 Uluohia St. #204, Kapolei, HI 96707, phone 692-5809. Or visit the website at [www.co.honolulu.hi.us/dcs/housingloans.htm](http://www.co.honolulu.hi.us/dcs/housingloans.htm).

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